



Rhode to Health

IT'S YOUR CHOICE!

2005 Edition

Fast Reference for Fast Food

If you choose to eat fast foods, remember that some choices are better than others. You want to consider fat, cholesterol and carbohydrate content in your choices, but counting calories is a great place to start...

...and when it comes to calories, what you don't know *can* hurt you.

Check out these comparisons and **make *your* choice an informed choice!**

Burger King		
Croissan'wich w/sausage, egg and cheese 520 calories	VS.	Croissan'wich w/egg and cheese 320 calories
Double Whopper w/cheese 1060 calories	VS.	Cheeseburger 350 calories
Chicken Whopper 570 calories	VS.	BK Veggie Burger 380 calories
King size French fries 600 calories	VS.	Medium French fries 360 calories
Medium strawberry shake 590 calories	VS.	8 ounces 1% low fat milk 100 calories
McDonald's		
Steak, Egg & Cheese Bagel 640 calories	VS.	Egg McMuffin 290 calories
Crispy Chicken 500 calories	VS.	Chicken McGrill, no mayo 300 calories
Big Mac 600 calories	VS.	Hamburger 280 calories
Large Fries 520 calories	VS.	Small Fries 230 calories
M&M © McFlurry (12 oz.) 620 calories	VS.	Vanilla Reduced Fat Ice Cream Cone 150 calories
Wendy's		
Homestyle Chicken Fillet Sandwich Bacon & Cheese Baked Potato Medium Frosty 1520 calories	VS.	Ultimate Chicken Grill Sandwich Plain Baked Potato Diet Coke 640 calories
Big Bacon Classic Great Biggie Fries Medium Frosty 1530 calories	VS.	Junior Hamburger Medium Fries Medium Lemon-lime Soft Drink 790 calories
Taco Supremo Salad w/salsa, taco chips & sour cream 670 calories	VS.	Taco Supremo Salad w/ salsa 390 calories

Pizza Hut		
Meatlovers Pan Pizza (2 slices of a medium) 680 calories	VS.	Veggie Lovers Thin 'n' Crispy Pizza (2 slices of a medium) 360 calories
Stuffed Crust Cheese Pizza (2 slices of a medium) 720 calories	VS.	Cheese Thin 'n' Crispy Pizza (2 slices of a medium) 400 calories
Arby's		
Roast Beef & Swiss Cheddar Curly Fries Vanilla Shake 1750 calories	VS.	Regular Roast Beef Garden Salad w/Italian Reduced Calorie Dressing Diet Cola 385 calories
Chicken Fingers Combo (includes Curly Fries) Orange Soda 1320 calories	VS.	Chicken Fingers Snack (includes Curly Fries) Water 590 calories
Subway		
6" Classic Tuna Sub 430 calories	VS.	6" Turkey Breast Sandwich 280 calories
6" Cold Cut Trio Sandwich 410 calories	VS.	6" Turkey Breast & Ham Sandwich 290 calories
Dunkin' Donuts		
(16 oz) Coffee Coolatta w/ cream 350 calories	VS.	Iced Coffee w/skim milk 25 calories
(16 oz) Vanilla Bean Coolatta 440 calories	VS.	(16 oz) Strawberry Fruit Coolatta 290 calories
(16 Oz) Iced Caramel Swirl Latte 240 calories	VS.	Diet Coke or Water 0 calories
Coffee cake muffin 580 calories	VS.	Wheat Bagel & jelly 365 calories
Blueberry muffin 470 calories	VS.	Reduced fat blueberry muffin 440 calories (not much difference!)
Banana Nut muffin 540 calories	VS.	Glazed donut 180 calories
Corn muffin 510 calories	VS	Apple Danish 250 calories

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"Rhode to Health" accepts no responsibility for the accuracy of the calorie values assigned herein. The values as of September 29, 2004 were obtained directly from the food vendors and are believed to be correct but are not guaranteed and are subject to change.